

Phosphatidyl Choline

Phosphatidylcholine, a primary component of lecithin.

Suggested Use

As a dietary supplement, 1 to 4 softgels two or three times daily with meals, or as directed by a healthcare practitioner.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

Contains: 44mg (2.7%) alcohol content per softgel.



Phosphatidyl Choline



dietary supplement
100 softgels

Supplement Facts

Serving Size 4 Softgel
Servings Per Container 25

Amount Per Serving	% Daily Value*	
Phosphatidylcholine (soy)	1.54 g	†

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Gelatin, vegetable glycerin, purified water, other phospholipids, ethyl alcohol (2.7%)

Formulated exclusively for Allergy Research Group®
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